

This is what I will do instead of eating--*Weight Reduction Plan*

- Drink a glass of water.
- Call or e-mail a friend.
- Go to the gym or for a jog.
- Read an article on WowYouAreReallyLucky.com
- Enjoy a long bath or shower.
- Chew some gum.
- Brush your teeth.
- Analyze the ingredients list of one of your favorite foods.
- Put a puzzle together.
- Play a game with your spouse, children or pet.
- Do a chore.
- Go for a walk.
- Do something you enjoy like knitting to keeps your hands busy.
- Experiment with putting your makeup on in a different way.
- Make a grocery list of only healthy foods.
- Leave the kitchen and congratulate yourself for not eating.
- Listen to an audio recording at WowYouAreReallyLucky.com
- Reorganize a closet.
- Clean the junk drawer.
- Work in your garden.
- Repot your house plants.
- Start an herb garden in your kitchen.
- Do the laundry.
- Start or write in your journal.
- Turn on some music and dance.
- Post a comment on WowYouAreReallyLucky.com
- Read a good book or magazine.
- Take a 15-minute nap.
- Find a new healthy recipe on WowYouAreReallyLucky.com-print it out and write out the ingredients list to get the food.
- Have a spot of tea.
- Google “increase my metabolism” on the web.
- Apply a facial mask.
- Do a crossword or Sudoku puzzle.
- Call Deb Bixler and talk about your cravings. 717.751.2793
- Go on-line to find motivational quotes
- Go by some celery and carrots and cut it up.
- Eat as much celery and carrots as you want.
- Read another article on WowYouAreReallyLucky.com
- Share with a friend something you learned on WowYouAreReallyLucky.com
- Send Deb an email every time you check one of these things off.
- Make a “I am healthy chart” and give yourself a star for not eating.
- Say out loud 10 times “I love fruits and vegetables.”
- Say out loud: I am reducing weight every day.
- Smile like a tiger and show your teeth.

You deserve the gift of good health. Please feel free to give me a call when I can be of service to you. Thank you for visiting www.WowYouAreReallyLucky.com

717.715.2793 Deb Bixler www.DebBixler.com